GRAPEVINE
VISITACION·VALLEY

NUMBER 168 SERVING OUR COMMUNITY JULY 2000

Kite Festival at Beach Chalet

The fourth annual multi-cultural Kite Festival, sponsored by the Friends of Recreation and Parks, will take place Saturday, Aug. 5 from 12 noon to 3 p.m. at the Beach Chalet Soccer Fields in the west end of Golden Gate Park. The first 200 children will receive a free paint-a-kite they can design and fly in the festival. A puppet show, musical entertainment and refreshments are free to the public.

S.F. School Board Moves on Traffic Safety

A resolution was unanimously passed by the San Francisco Board of Education on June 13 to create a sustainable plan to increase pedestrian safety at all city schools.

Recognizing that California ranks 12th in the nation for having the highest child pedestrian fatality rates for children 5-12, the resolution was initiated by the San Francisco Second District Parent Teacher Association (SF-PTA) and sponsored by school Board President Mary Hernandez along with Commissioners Juanita Owens and Steve Phillips.

"The passage of this resolution signals the creation of a solid plan of action to increase pedestrian safety at all schools in San Francisco," said Hernandez. "Our goal is to make sure that every driver in San Francisco knows how to drive safely in a school zone and that there will be severe penalties for putting children at risk."

Identified by the resolution are nine concrete and effective solutions:

*Develop a School Safety Committee at every school;

*Install new uniform oversized fluorescent green advance school zone and crossing signs;

*Install yellow bold ladder-type crosswalks adjacent to at Pre K-12 school sites;

*Create new yellow curb marked school bus loading zones and tow-away zones;

*Install new No Parking/Tow Away and School Bus Stop signs;

*Post new drop-off and pick-up signs for parent loading zones;

Raise the $23 fine for parking in a school bus loading zones to $250 and the School Passenger Loading Zone from $23 to $56;

*Double the fine for speeding in a school zone during school hours; and

*Require that Children Crossing warning signs and beacon/audible warning devices be located where children walk to and from school.

Americans Struggling with Leisure Time

Houston – About two-thirds (65 percent) of working-age Americans say that on Sunday night they usually ask themselves "Where did the weekend go?" rather than feeling relaxed, rested, and ready for another week.

This may be part of a general personal time-crunch: while 60 percent of working-age adults are satisfied with their leisure time, this number reflects a drop of 15 percent from 1963 (Gallup). Half (51 percent) say they have two hours or less of personal leisure time a weekday—and three in 10 of this group (28 percent) report they have an hour or less.

These are among the major findings of the sixth edition of The Shell Poll, an opinion survey conducted for Shell Oil Company by Peter D. Hart Research Associates. More than 1,000 men and women were polled on a wide range of time-related issues, including favorite leisure activities, vacation dreams and habits; the weekend; satisfaction with work and leisure time and more.

"Working-age Americans today have so many demands on their time and energy, and more and more employers are offering work arrangements that show recognition of these demands," said Susan Borches, vice president of Corporate Affairs for Shell Oil Company. "This survey certainly indicates that Americans assign a high value to their time. I hope these findings can further constructive dialogue on an issue that has an impact on all of us."

See Page 8

VVCC Honors Long Time Instructor

Visitacion Valley Community Center (VVCC) recently honored an instructor who has been a part of its children's programs for nearly three decades.

Randy Tanksley started working at VVCC as a bus driver in June 1973 before becoming an assistant teacher in 1975. He received a Child Development Associate (CDA) in October 1999 at which time he was promoted to Associate Teacher.

Tanksley has been commended by his supervisors on numerous occasions for his outstanding work with children enrolled in VVCC's Children's Programs. Over the years, his motivational skills have helped to encourage the academic, social, artistic and athletic skills of each child under his care, taking time to note day-to-day physical and personality differences.

Tanksley also skillfully utilized his CPR training on two occasions at VVCC to save the lives of participants suffering from problems related to heart ailments.

Governor Approves State Funding to Help Ease Homeless Crisis

An allocation of $25.1 million to provide housing and services for the homeless was included in a record housing package approved June 30 by Governor Gray Davis as part of the state's 2000-01 budget.

Davis is the first California governor to allocate money for permanent service-enriched housing for the homeless and to recognize supportive housing as a solution to chronic homelessness in the state.

The $25.1 million allocation to the Supportive Housing Initiative Act (SHIA) could provide full funding to house and provide essential services to as many as 5,000 homeless people.

In 1998, the California Legislature passed the SHIA that provides a state funding mechanism for service-enriched housing for Californians with various disabilities, special needs and health problems. Studies conducted around the country have consistently shown supportive housing to be an effective and economical solution to chronic homelessness.

In addition to the $25,1 million for the SHIA, the state's housing budget includes $177 million for multifamily affordable rental housing, $11 million to preserve affordable housing, and $39 million for emergency shelter and transitional housing. The state also has allocated $55 million to a program created last year to provide comprehensive services including housing for homeless people with mental illnesses.

E-Books Available at S.F. Public Library

San Francisco Public Library now has a trial subscription for the next six months to a collection of 1,500 electronic books (e-books), electronic versions of published books that library patrons can browse, search, borrow, read and return over the Internet at any time of day.

E-books are available to S.F. Public Library patrons at terminals in the Main and library branches and from their Internet-connected home computers from the Library's webpage: http://sfpl.lib.ca.us using *Electronic Resources*. Users will then be asked to enter their S.F. Public Library card number.

E-books can be browsed and checked out the same as regular books, but e-books are returned automatically to the library collection at the end of the checkout period. Unlike regular books, users can search the entire contents of the an e-book and enlarge their typeface.

HUD Agreement to Create Jobs, Stimulate Business Growth

NEW YORK – Housing and Urban Development Secretary Andrew Cuomo and Export-Import Bank President James A. Harmon on June 16 signed an agreement to work together to create jobs and stimulate business growth in economically distressed neighborhoods across America.

The agreement will enable HUD, the Export-Import Bank, and private sector investors to intensify efforts to close the gap between the prosperous majority of American communities and the places left behind despite the booming national economy.

"Job creation and business growth set off a chain reaction that can transform blighted neighborhoods into centers of growth and opportunity," Cuomo said. "When all levels of government and the private sector work together to create jobs and revitalize communities, we help build a stronger national economy and better lives for America's families."

Cuomo made the announcements at a HUD national economic conference titled Closing the Economic Gap: Investing in American Communities. The conference was held in New York City and was attended by people working in government, business, and non-profit groups.

President Clinton has requested funding for $7.3 billion in HUD economic development grants and loan guarantees in his proposed Fiscal Year 2001 budget. HUD runs a broad range of programs to help attract and expand businesses located in low-income neighborhoods, and also provides job training and placement to help people move from welfare to work.

The Export-Import Bank aids in financing and facilitating U.S. exports and encourages the participation of minority and women-owned businesses in international commerce.

Under a Memorandum of Understanding signed between HUD and the Ex-Im Bank, the two organizations will:

*Coordinate their marketing efforts to makes businesses aware they can receive assistance from programs operated by both agencies.

*Coordinate lending and loan guarantee activities to increase the benefit to businesses.

*Launch joint efforts to help small minority and women-owned businesses in low-income neighborhoods compete in the global economy. Business owners who may have never thought of entering the export market will learn how to expand their markets by seeking customers abroad.

*Share business growth strategies with each other and with businesses and communities. This will enable a business in one city to learn from the successes and the failures of businesses in cities around the country.

HUD's economic development programs provide the financial tools that help state and local governments carry out their goals to create needed jobs in economically depressed areas of inner cities and chronically underdeveloped rural communities. What needs to happen now, Cuomo told the conference, is for those communities to develop strategies for attracting and leveraging private sector investment in their revitalization efforts.

Cuomo urged communities to bring these public-private partnerships to fruition by fully utilizing the $5.1 billion in grants and $2.2 billion in federal loan guarantees that President Clinton has requested for HUD economic development in Fiscal 2001.

Cuomo said the money would include:

*$1 billion in loan guarantees to finance private companies, approved and licensed by HUD under the America's Private Investment Companies Act (APIC). APIC would raise at least $25 million in private equity to invest in job-generating businesses or commercial real estate developments in low-income communities. APIC is one of the President's Fiscal 2001 New Market Initiatives designed to significantly increase private investment in the development or expansion of inner city and rural business and neighborhood commercial development.

*$4.9 billion in Community Development Block Grant (CDBG) funds for HUD to help communities address their development needs and create economic opportunity and jobs.

*$1.2 billion in loan guarantees to help local governments leverage their CDBG grants under the Section 108 loan guarantee program for financing large-scale economic development projects.

*$100 million in Economic Development Initiative grants to help communities leverage about $700 million in Section 108 loan guarantee financing.

*$50 million in Brownfield Economic Development Initiative grants that would be used to leverage communities' Section 108 loan guarantee financing for the redevelopment of contaminated, underutilized former industrial sites in inner cities and rural areas.

*$27 million in Rural Housing and Economic Development grants to assist local rural non-profits, community development corporations, Native American tribes, and state economic or community development organizations develop new approaches to serve the nation's rural populations.

Your Gas Meter a Key to Survival

by Ron Lopez, SFDPH
Emergency Medical Services

Have you ever looked on page B6 of the current San Francisco Pacific Bell White Pages phone book? Just for fun, stop reading this go get the phone book, turn to this page, and come back.

There, do you have the phone book? Notice that there are some tips for when not to shut off the gas. This is a good start, but here is more information you can use after a big earthquake.

There is at least one situation when you cannot hear or smell leaking gas, but there is still a dangerous situation brewing. Among the various things to check on after an earthquake, you should go out to the gas meter and take a look at those little dials that the meter reader uses to charge you for gas. If those meters are running--that means the hands on the dials are really moving fast-- you may have a big problem.

If you cannot account for the use of the gas by running your natural gas-operated appliances at full wide-open and those dials are indicating a high rate of gas flow, it means there is a break in the line somewhere. Worst of all, you can't hear or smell the leak, possibly a very dangerous situation. The gas could be building up in an unknown void space around a broken line, potentially creating a bomb-like situation.

In this circumstance you should, by all means, shut off the gas immediately, just as it shows in the phone book diagram. That being said, remember:

1. If you shut off the gas, you could end up waiting days or weeks before a gas company representative can come to your residence to turn the gas back on.

2. If you like in a condominium or apartment complex, work with the manager to have these issues worked out ahead of time. In a disaster, you will lose precious moments in trying to deal with utilities (electric, water and gas) shut off on the spur of the moment. A larger emergency can be prevented with a little forethought and training.

3. Talk over your emergency utilities shut-off plan with at least one neighbor. If possible, involve a group of neighbors.

NERT Trainings

NERT training will be offered at City College Phelan Campus this fall. Community Disaster Preparedness will be held Monday evenings, 6:30 to 9:30 p.m. on Oct. 16, 23, 30 and Nov. 6, 13 and 20. You can earn 1 unit of credit towards a Health Science degree or take the class non-credit. Training is open to everyone and taught by San Francisco firefighters.

NERT training will also be offered in the Financial District on Tuesdays at 301 Battery St from 5:30 to 8 p.m. on Aug. 1, 8, 22, 29 and Sept. 12 and 19.

For further information, call Patty Yuen at (415) 558-3456.

GRAPEVINE MAILBOX

Pedestrian Safety In San Francisco

Dear Community Member,

I attended the recent Traffic Safety Symposium, which Supervisor Mabel Teng sponsored. The district maintains an unacceptably high injury accident rate. This is in spite of the increased enforcement for traffic violations. This escalation is contrary to the conventional wisdom that visible enforcement limits the number of traffic accidents.

I am making an appeal to individual drivers to please slow down. We had two recent tragedies one in which a 5-year-old child was hit and another where an elderly woman was killed. Both these accidents were preventable. All officers at Ingleside will continue to vigorously enforce the traffic laws which effect public safety but public awareness and personal responsibility and caring for each other will have to be included in the long term solution.

Along those lines, I'd also like to reiterate some basic pedestrian safety:

1. Stepping into the street from between parked cars leads to pedestrian injuries, use crosswalks where available.

2. Never cross against a red traffic light.

3. Be aware that is the driver is signaling to make a right hand turn, his or her attention is focused to the left. Be aware of the vehicle moving into the intersection and plan accordingly

4. Hold hands with children while crossing any street. Teach children to stop, look and listen before crossing.

Sincerely,
Captain Marsha P. Ashe
Ingleside Police District

POP on Muni Metro

Dear Friends,

The Municipal Railway (Muni) recently instituted a Proof of Payment (POP) fare system on all Muni Metro lines (J,K,L,M and N). In brief, a POP fare system enables passengers to board at all doors of Muni Metro vehicles at all stops, as long as each passenger possesses valid POP--a valid pass, transfer, ticket, or fare receipt. All door boarding reduces the time at stops and facilitates faster train movement which contributes to improved Muni service.

Riders who are paying a cash fare or using a token should board at the front door of the first car.

Riders who do not possess a valid POP will be subject to citations ranging from $76 up to $250 which will be issued by roving fare inspectors.

Sincerely,
Phil Chin, Muni
Director of Communications

Grapevine Online

Visit the Grapevine's website at: http://home.earthlink.net/~visvalley for past news stories, local history and a complete business directory.

Uncle Sam's Sweet Tooth

by John Frydenlund

For years, the sugar lobby has successfully conned the public into believing that the sugar program has no cost. However, the truth has finally come out.

The Clinton Administration's decision to purchase 150,000 tons of sugar to prop up domestic sugar prices finally debunks the greatest myth that producers have perpetrated on the U.S. public — that the sugar program does not cost taxpayers anything.

The White House caved in to the special interests and agreed to purchase 150,000 tons of sugar, which will cost taxpayers approximately $65 million. However, this is only the beginning. The Clinton Administration acknowledged that this purchase would not help strengthen sugar prices. In fact, according to a report in the highly respected journal Pro Farmer, U.S. Department of Agriculture (USDA) budget analysts expect the government to spend $140 million on sugar this fiscal year. Indeed, the sugar lobby is already pushing for another sugar purchase that would cost at least as much as the first one.

Because much of the sugar will likely be converted to ethanol, which will displace sales of corn, the U.S. Department of Agriculture is already considering a similar purchase of corn to make up for lost corn sales. Of course, then the government will dump the surplus corn on the market and displace the sales of some other commodity, which the government will then have to purchase, and the cycle will never end.

The Government Accounting Office (GAO) has weighed in on this issue as well. GAO has concluded that the U.S. sugar program costs consumers about $2 billion annually in added costs, a 40 percent increase since its last report in 1993.

Citizens Against Government Waste

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Cleaning Up A Messy Issue

by Mayor Willie Brown

It is no secret that disagreement about dogs in the parks is one of the messiest public policy questions a San Francisco mayor can step into.

Making our parks meet the needs of all San Franciscans is particularly tricky because now, more than ever, open space is at a premium. In San Francisco, our neighborhood parks are our back yards.

And they are spectacular back yards. From Golden Gate Park to Dolores Park to Potrero Hill, San Franciscans enjoy the most scenic, tastefully landscaped urban parks in the country. Thanks to the sound judgement of San Francisco voters, all of the City's neighborhood parks will soon be getting some much-needed enhancements.

However, the difficult task od balancing the needs of dog owners and other park users remains. Dog owners want what dogs want--open space where pets can run around and play. Many other park users want to enjoy parks that are protected from off-leash dogs and the gifts they often leave behind. I want to make parks usable for all San Franciscans. The bottom line is that neither dogs, nor the people who dislike them, will be leaving any time soon.

So how do we improve the situation? I believe we must educate the minority of dog owners in this City who are truly irresponsible and end up making it hard for everyone. We must reach the population if we are to make an impact. My budget this year includes three items to address this issue. First, we are assigning two Recreation and Park rangers to the code enforcement in the parks. Our goal here is not to be punitive but to encourage responsible ownership by sending the message to irresponsible dog owners that they must clean up after their pets.

Second, appropriate signs will be posted at all the legal off-leash dog sites explaining the rules and responsibilities. Third, we will be installing doggie litter bag dispensers in the off-leash sites.

After all, nobody, including dog owners, likes stepping in it.

At the end of the day, all San Franciscans must share our parks with one another. As our city grapples with the issue, we must remember that our parks also serve as the public spaces where our sense of community develops. With that in mind, we must find a way to be courteous and respectful of one another.

A renewed spirit of cooperation in San Francisco is something even the dogs would approve of.

Happy Eco-Friendly Summer Outings

by Stefanie Pruegel
S.F. Recycling Program

Q: How can I make my family's picnic less wasteful?

A: I am glad you are thinking of the environment too as you are planning your outing! Summer holidays are great for picnics, but that doesn't have to mean littered parks and unsightly, overflowing trash cans once the party is over. Following a few simple tips and planning ahead can make your picnic less wasteful and even save you money.

1. Use reusable plates, cups and utensils instead of disposable ones. Reusables cost less, keep trash out of the landfill and conserve natural resources. If you're worried about breakage and weight, consider getting a set of colorful durable plastic dishes that many household and department stores are now offering. Not only do they make for a much more elegant picnic, but they will also save you quite some cash in the long run. Even a lot of single use plastic dishes, especially utensils, are durable enough to be washed and reused.

2. Cover the picnic table with a real tablecloth instead of using paper or plastic. Sheets also work great, if you don't want to bring your "good" tablecloths or don't have one that's big enough to cover a picnic table. Replace paper napkins with cloth napkins, which are also less likely to blow away outside.

3. "Shop smart" for your feast and avoid products with a lot of packaging. Picnics are the perfect occasion for family-sized bags of chips and large containers of yogurt or ice-cream instead of individually wrapped servings. When buying drinks, choose recyclable containers (aluminum cans, glass bottles and plastic bottles #1 and #2) over juice boxes. Better yet, bring homemade lemonade or ice tea in a thermos or make juice from concentrate. Salad bowls and other dishes can be covered with reusable plastic "hats" (available at stores like Real Goods in Berkeley, www.realgoods.com, (510) 527-5527) instead of saran wrap. When using aluminum foil or pie tins, remember that those items are recyclable in your curbside bin, just like aluminum cans.

4. Plan for leftovers. Bring a few Tupperware containers, or empty yogurt or margarine tubs to send extra food home with your friends. If you have a large party and will likely have a lot of leftovers that you can't use, make arrangements with Food Runners at Tel. (415) 929-1866 to be referred to a location near you where extra food can be donated.

Q: What is *professional wetcleaning*?

A: Professional wetcleaning is a new non-toxic, water-based alternative to drycleaning. This doesn't simply mean washing your garments in water. In the professional wetcleaning process now offered by a growing number of drycleaners, computerized equipment controls water temperature, agitation and the injection of non-toxic soap and conditioner to protect garments against shrinkage and dye bleeding. Careful drying and restorative finishing procedures leave your fabrics looking immaculate, smelling fresh and feeling soft to the touch. While conventional drycleaning uses the chemical solvent perchloroethylene (perc) which is a toxic air contaminant and has been linked to increased risk of cancer, professional wetcleaning is completely safe for your health and the environment. Almost all "dryclean only" garments can be professionally wetcleaned, including wool, silk, angora, rayon, cashmere, linen, hemp, down-filled items, beaded and sequined gowns, suede and leather. Several professional wetcleaners in the Bay Area are currently offering $2 discount coupons to promote this new service. To receive a booklet with a coupon and addresses of professional wetcleaning businesses, or if you would like more information call the San Francisco Recycling Program at (415) 554-3400.

Waste Prevention Tip of the Month

Bring your own bags (canvas, paper or plastic) to the grocery store. Not only will this save paper and/or plastic, but it can save you money too. Many markets will give you a five cent credit on each bag you bring in. A family of four can easily save $26 a year with this one simple waste prevention tip. More serious recyclers can even reuse produce bags at the grocery store or at the farmer's market when buying fruit and vegetables. After a few good uses, the bag's final life can be used to clean up after your pet.

For more Waste Prevention Tips, call the San Francisco Recycling Program at (415) 554-3400 and request the Environmental Shopping Guide.

If you have questions or article ideas that you would like to see in coming issues, please call (415) 554-3400 or e-mail: sfrecycle@ci.sf.ca.us

Survey on Drivers Dealing with Summer Traffic Boredom

If you are planning on driving to a vacation destination this summer, you won't be alone and you won't be getting there any time soon. But how you deal with your drive may depend upon your gender.

A national survey conducted by Response Insurance indicates that nearly 9 out of 10 American drivers (87 percent) plan to be on the road during holiday weekends this summer, driving an average of 5 hours to reach their destination.

The survey also indicated that a large majority (93 percent) of drivers do things to occupy their time in traffic, with some distinctions between how men and women deal with their traffic boredom.

Male drivers, according to the survey, are more apt to surf around for a radio station they like (80 vs. 72 percent), drum or tap out a tune on the steering wheel (45 vs. 37 percent), to flirt with other drivers (12 vs. 5 percent) and to drink coffee to stay awake (37 vs. 26 percent).

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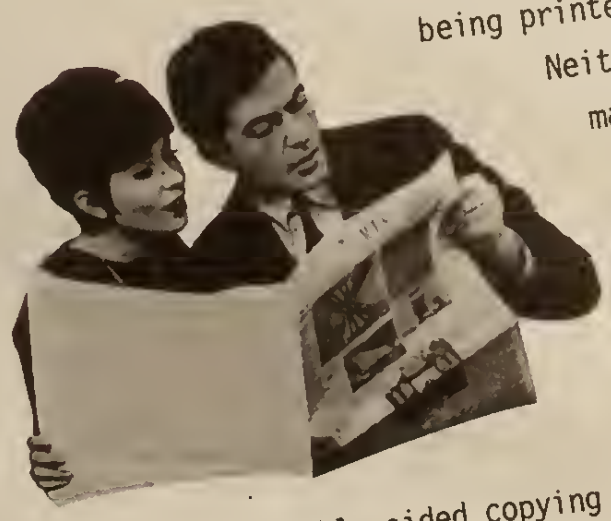

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A Cookbook for Essential Eating

Once in a blue moon, a truly significant cookbook/diet emerges, phoenix-like, and soars far above the smorgasbord of fads, failures, and fanatics. *Essential Eating, A Cookbook*, celebrates the joys of living in a disease-free body based upon the premise that creating balance and harmony in a body depends on proper digestion.

This concept implements a time-honored whole foods way of cooking and eating that teaches us to understand what foods our bodies can and cannot digest. More importantly it tells us what to make for dinner, including dessert. Author, Janie Quinn shares the eating plan that changed her life, a plan that continues to enrich her well-being.

You could say this book reflects the radiance of its author, an outstanding authority of whole foods cooking and eating. Quinn now eats more, yet weighs less. Using an organized, yet flexible structure, Essential Eating, A Cookbook shows how to encourage healing and discourage disease through proper food selection and preparation.

Menus, grocery lists, and cooking sessions are provided to help create 350 delicious, kitchen-tested recipes. Easy-to-digest foods are incorporated into your diet as you establish a personal relationship with your eating habits. What, when, and how much to eat need not remain a mystery. The convenient and easy-to-use Yes/No Food Lists, Sources and Glossary offer friendly assistance in your quest to discover how to eat, not diet. This book is a flexible outline to well-being.

Essential Eating, A Cookbook is a gradual plan that progresses according to your individual pace and succeeds according to your ability to love yourself enough to really listen to your body's needs. If you wish to restore your health or simply maintain your present state of health, do it without depriving yourself. Taste how delicious good health can be and see how wonderful good health can look.

Available now in hard cover for $24.95. Visit www.essentaileating.com, for free whole food recipes, book highlights, and secure online ordering. For additional information call Azure Moon Publishing toll free (877) 771-1216. 352 pages with color photography. ISBN 0-9679843-5-1.

Telecourses at CCSF

More than 2,400 San Franciscans a year are solving their problems of not enough time to continue their education by watching television in the comfort of their own homes. Registration for the fall 2000 semester is going on right now.

Telecourses are college credit courses available from San Francisco City College (CCSF) that students watch on Educational Access Cable Channel 27. Students can videotape their lessons, which allows them to watch at their convenience and review their lessons. Telecourse students come to campus only three times a semester for an orientation, a midterm and a final.

Cost for a Telecourse is $11 a unit plus cost of a textbook. Most CCSF Telecourses are 3 units. Telecourse lessons are also kept at City College and most are available for rent.

For the fall 2000 semester, CCSF is offering: African History (HIST 48); American Cinema (FILM 18); Art America (ART 188); Art of the Western World (ART 116); Beginning Piano (MUS 9A); Chemistry for Non-scientists (ChEM 110); Commercial Law (CLW 18); Conceptual Physics (PHYC 10); Conversational Italian (ITAL 10A); Cosmic Evolution (AST 1); Discovering Psychology (PSY 1); Elementary French (FREN 1A); Eyes on the Prize (HIST 41B); Introduction to Management Communication (SUPV 234); Introduction to Theatre (THA 1); Joseph Campbell; Transformations of Myth Through Time (ENG 48J and 49J); Living with Health (HLTH 53); Mass Media and Society (BCST 103); Ownership and Operation of a Small Business (SMBS 135); Photographic Vision (PHOTO 50B); The People's Century (HIST 3A); World of Music (MUS 27T).

For more information and a Telecourse brochure, call (415) 239-3885.

Survey Finds Lack of Understanding in Tax Implications of Investing

(NAPS) As the SEC moves to require mutual funds to disclose after-tax returns, investors have a surprising lack of understanding of the tax implications of investing, according to a new study released by Eaton Vance Management.

The national survey, conducted by Penn, Schoen and Berland Assocs., indicates individual investors believe themselves to be well-informed about the tax implications of their investments. Eight in ten investors (81 percent) say the impact of taxes on their stock mutual funds returns is important--half say very important--and 80 percent claim to carefully examine their investment statements to determine the degree to which taxes affect their returns. The overwhelming majority of investors (84 percent) claim to be familiar with the IRS 1099 form. These findings are perhaps to be expected, given that, according to the Investment Company Institute (ICI), in 1998 about $166 billion of capital gains were distributed by stock and bond funds--more than four times 1995 capital gains distributions of about $35 billion.

Investors, however, would be hard-pressed to pass a test about taxes and investments. In fact, 22 percent of those surveyed did not know which income tax bracket they are in. The study demonstrates that most investors have a significant lack of understanding about the tax implications of investments and a low awareness level of how to approach investing with an eye to tax efficiency.

Nearly one-third of investors (31 percent) are completely unfamiliar with the term "tax-efficient" investing. Over one-third (35 percent) are unable to cite any investments that offer tax-efficiency. This lack of knowledge was higher among women (42 percent) than men (29 percent). Six of 10 investors (60 percent) say they have never invested specifically with consideration of tax efficiency. Three of every four (77 percent) are not familiar with the difference between tax-efficient funds that are actively managed and passively managed index funds.

"No tax relief legislation is likely in the near future and the issue is a lower priority in this year's election. So, it's up to individual investors or their advisors to look out for number one," said Duncan Richardson, Portfolio Manager of Eaton Vance Tax-Managed Growth Fund. "In 1999, 48 percent of American households owned mutual funds, up from 27 percent in 1992. Yet, surprisingly, the growing interest in investing has not been accompanied by an increased understanding of how taxes can and do erode fund returns."

Given investors' general lack of understanding of the tax implications of their investments, it's not surprising that they know little about tax-managed investing and are unable to identify the circumstances under which tax-managed investing would be appropriate. Most investors are not aware of the existence of mutual funds specifically designed to maximize after-tax returns. In fact, only one in five (20 percent) is familiar with tax-managed mutual funds.

More investors say they would hold a tax-managed fund in a qualified retirement plan (56 percnet) rather than outside a plan (30 percent). Because qualified plan investments are tax-deferred, a qualified plan is the least appropriate place to utilize a tax-managed fund.

"For fund investors in taxable accounts, what matters is after-tax performance--taking into account taxes paid in connection with distributions. To make the most informed decisions, it would certainly appear that investors in taxable accounts should at least be aware that there are mutual funds specifically designed to minimize taxes. They should also understand how they are most appropriately used," stated Thomas E. Faust Jr., chief equity investment officer of Eaton Vance Management.

Nearly nine in 10 investors (88 percent) believe that disclosure by mutual funds of the tax implications of their stock fund investments is important, and more than half (57 percent) believe the government should require disclosure of after-tax returns on stock funds.

"Investors are expressing a growing interest in the publication of after-tax return numbers. Morningstar and other data providers now publish after-tax data. The proposed Mutual Fund Tax Awareness Act would for the first time require mutual funds to provide information on after-tax returns, and the SEC is already working on a proposal that would make after-tax performance disclosure mandatory," said Richardson. "Typically, an equity fund's prospectus is totally silent on tax issues. There's nothing wrong with that for those shareholders who invest in funds through qualified plans-where taxes are deferred. However, this disclosure is certainly relevant to the 50 percent of shareholders who do pay taxes on their investments."

According to the study, more investors believe that managing a mutual fund for after-tax returns is most important during a bull market (43 percent), as compared to a weak market (25 percent). Four in 10 investors (40 percent) say they would be less likely to be tax-conscious about their investments during a sluggish market environment where investment returns would be significantly lower.

"Tax-managed funds are designed for any long-term investor in a taxable account. That said, the study indicates a lack of knowledge about how tax-managed funds operate, because these funds are in fact even more attractive in a flattish market where average rates of return are lower--often much lower--when compared to a bull market," said Faust. "In a weak market that produces lower rates of return, returns lost to taxes may represent a greater percentage of pretax returns than in a strong market."

How Not to Be a Victim

(NAPS) In an ideal world, we would be secure in our homes, cars, offices, and out in public. But according to data from the U.S. Department of Justice, 31.3 million violent and property victimizations occurred in 1998. The National Rifle Association's *Refuse To Be A Victim* program provides men and women with information they can use to reduce their chances of victimization.

Criminals prefer easy targets. By making yourself difficult to prey upon you can refuse to be a victim. Seminar participants learn about criminal thinking and receive tips about maximizing automobile, family, home, technological, travel and personal security. Following are some safety tips taught in the seminars:

*When out in public, be aware of what is going on around you. What are people doing? Is anyone loitering? Does anyone look out of place? Is anyone watching you? DonÕt ignore your instincts; if something feels wrong, it probably is.

*Be wary of e-mail sent to you or your children by strangers. Criminals use e-mail to undermine your family's security. Find out if your Internet Service Provider allows you to block e-mail from strangers.

*Tell your children that if they believe any of their peers intend to harm themselves, fellow students, school personnel or others, that they should seek help from a trusted adult immediately.

*Before traveling internationally, buy a guidebook, map and translation dictionary appropriate for your destination. Learn local customs and laws. Note the location of hospitals and police stations. Learn how to ask for help and how to use the phone system.

New Stamp Promotes Adoption Awareness

(NAPS) A new stamp promoting awareness of adoption is expected to find a home with both the public and collectors.

The Adoption stamp combines colorful art with text and uses fundamental shapes, simple forms and bright colors to project a happy, hopeful image of home, childhood and family. It was designed by Greg Berger, a graphic designer who was adopted as a child.

The Adoption stamp was issued in Beverly Hills, Calif., where Hollywood celebrities, Postmaster General William Henderson and Dave Thomas, founder of Wendy's International and the Dave Thomas Foundation for Adoption, sold the first stamps at a local post office. Thomas himself was adopted as a child.

"This stamp will serve as a simple thank you to everyone involved in making homes for children and young adults who are less fortunate," said Postmaster General William Henderson, "and it will help raise awareness about how adoption can make a positive difference in the lives of so many."

Each year more than 110,000 children nationwide are waiting to be adopted by loving families.

Regardless of the method, children benefit from the support, guidance and understanding of the people who care enough to offer them unconditional love, a home and family.

The illustrator, Berger, used his art to provide his personal interpretation of the issue. Recalling memories from his own childhood, Berger attempts to convey a visual balance between reality and the fantasy of what might be. It also shows childhood as a delicate and influential part of life.

To order this and other stamps and philatelic items go the Web site at www.stampsonline.com. Stamps are also available toll free by calling 1-800-STAMP-24.

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The Rev. Dr. Jerry O. Resus, Minister

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Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehersal: 10:00 a.m.

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Funded by the S.F. Commission on the Aging

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Lunch Served Every Day

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Saturday: 9 a.m. to 1 p.m.

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Cantonese Spoken

Shell Offers Drivers Summer Safety Tips

As millions of Americans take to the roads this summer, the Shell Oil Company has some advice for drivers. By properly getting ready for that road trip, and then knowing what to do if a problem occurs, motorists can go a long way toward minimizing the kinds of mishaps that are all too common on crowded thoroughfares.

*Before you leave home, make sure your vehicle is up for the task. Check tires for proper inflation. Make sure the windshield, headlights and taillights are clean. Check all fluid levels, belts, hoses and clamps, and refill or replace as necessary.

*Make sure your trunk is properly stocked with items that will come in handy in the event of an accident. These include a fire extinguisher that's unexpired and securely stored; flares or reflective devices; jack and lug wrench; properly inflated spare tire; flashlight with extra batteries; jumper cables; empty, approved gasoline container; blankets, and umbrella, poncho or raincoats.

*If your battery goes dead, know how to jumpstart it safely: Position vehicles so jumper cables can reach, but vehicles aren't touching. Connect one end of the red cable to the positive terminal of the dead battery, and the other to the positive terminal of the good battery. Connect one end of the black cable to the negative terminal of the good battery and the other to an engine bolt head or other piece of non-moving metal. Make sure the jumper cables are away from moving engine parts. Start the engine with the good battery and run it at a moderate speed. Start the engine of the vehicle with the dead battery according to your owner's manual. Once it starts, reduce the engine speed to idle. Remove the jumper cables in reverse order, starting with the Black cable from the engine bolt or metal connection on the car with the dead battery. The engine needs to run for 20 minutes—which can include driving time—to start recharging the battery.

*Get out of a skid by taking your foot off the gas, and then turning the steering wheel in the direction you want the front of the car to go. This not only helps straighten the car our, but also can help regain traction.

*In case of a blow-out, know what to expect. If the front tire blows. the vehicle will pull hard to the side of the blow-out. Don't hit the brakes. Hang on to the wheel tightly with your hands in the 9 o'clock and 3 o'clock position, take your foot off the gas and concentrate on staying in your lane. Then slow down and pull off the road to a safe location. If the back tire blows, the rear of the car will weave back and forth. But you should handle it the same way.

*If you see an accident and want to stop to help, pass well beyond the wreck before signaling and pulling off the road. This keeps you from blocking the view of emergency vehicles and gives emergency crews room to work. Also, turn on your emergency flashers and raise your hood to call attention to yourself.

*When traveling with children, keep in mind that the safest place for them is the back seat. This keeps them far from the impact in a head-on collision and away from the passenger-side air bag. And always use seatbelts.

*Remember the 8-80 rule for kids: Children are usually big enough for seat belts when they're 8 years old and weigh 80 pounds. Otherwise, use child-safety seats.

*Trucks need room to maneuver, so give them some space. Stay 100 to 250 behind the trailer. Don't pass on the right or cut in front of trucks, and stay out of their blind spots. If you can't see the truck driver's face in the side mirrors, the truck driver can't see you.

*If you're changing lanes, don't rely solely on your rear- and side-view mirrors. There are probably blind spots in your own car, so it's a good idea to quickly turn and visually check for other vehicles next to you before pulling over.

Free Booklets On Science

The National Institute of Environmental Health Sciences offers a series of booklets to help get children interested in science:

**Environmental Diseases A To Z* serves as an introduction;

**Making It In A Tough Environment* tells how genes and the environment interact; and

**It's Your Scene, Teen* provides environmental tips for better health.

To order, write EC-12, NIEHS, P.O. Box 12233, Research Triangle Park, NC 27709, or call 919-541-7860. Teachers may order in quantity.

Summer Youth Programs in Visitacion Valley

Agency & Program	Program Description and Target Group	Contact Person	Registration & Program Timeline	Language Assistance
Asian Pacific American Community Center	• Bilingual Chinese information and referral, case management (open 8/1/00) • Target: low income Asians moving from welfare or low income status to work	Jason Louie 2442 Bayshore S.F., CA 94134 398-2219 (phone)	• No registration deadline, only income requirements.	Language assistance in Cantonese and English.
Chinese for Affirmative Action – Civic Participation Project	• Provide educational presentations on civic participation issues such as Census, district elections, language access, etc. • Adult employment services	Christina Wong 17 Walter U. Lum S.F., CA 94108 274-6750 Phone) 397-8770 (fax)	• No registration deadline. Call to schedule an appointment.	Language assistance in Cantonese and English.
Girls After School Academy	• Computer learning • Dance, arts & crafts, gardening, capoiera, poetry slams, field trips, cultural activities and celebrations • Lunch and monthly stipend provided • Community Health Fair – July 30th – 12-4PM • Target: girls ages 8-18 years old in the Sunnydale and surrounding communities	K. Evette Brandon 3543 18th St., #15, S.F., CA 94110 584-4044 (phone) 998-9411 (fax)	• No registration deadline. • Program starts June 23rd and ends August 19th; M – F. 11AM – 5PM.	The program is in English.
Intergroup Clearinghouse - Hate Violence Prevention	• Victim assistance • Intergroup/agency meeting facilitation • Workshops and training sessions • Community organizing • "bias free" schools trainings • Target: all ages, including youth	Sema Dudum 995 Market Street, Suite 1219 S.F., CA 94103 896-1355 (phone) 243-8628 (fax)	• No registration deadline • Year round program	Other languages available upon request.
Mission YMCA – Summer Day Camp	• Three Monday – Friday day camps for children ages 5-11 • One day camp for youth ages (12-15) • Target. youth and teens from all socio-economic backgrounds	Front Desk 4080 Mission St., S.F., CA 94112 586-6900 (phone) 586-7480 (fax)	• Open registration by week • Program will be from June 5th – August 18th	Program is in English, but available assistance in Spanish and Tagalog
Real Options for City Kids – Soccer Camp	• Soccer camp for all experience levels ($10 donation requested) • Target: children ages 7-12	Heidi Zellweger 3717 Buchanan St. Suite 300 S.F., CA 94123 885-4301 (phone) 351-3939 (fax)	• Registration deadline: June 22nd. • Camp will be from June 26th until June 30th (4 – 6PM)	The program is in English, but will try to accommodate if necessary
S.F. Recreation and Park Department - Herz Playground	• Lunch • Kickball, Tumbling, Ground Hockey, Hiking • Cooking, Arts & Crafts • Science Day Camp • Field Trips • Target: all youth	Renee Strong Visitacion and Hahn S.F., CA 94134 2[illegible]7-4706	• No registration deadline. • June - August	Program is in English.
S.F. Recreation and Park Department - Latchkey Program	• Recreation • Sports • Lunches	Nofoa Taula, Jr Visitacion Valley Elementary School 55 Schwerin St. San Francisco, CA 94134 337-4707	• This Program for Children is open all summer, and anyone can attend.	Program is in English.
Visitacion Valley Community Beacon Center – VVCBC Summer Programs	• Arts and crafts • Open recreation • Mentoring/basketball • Target: all children welcomed.	Veil Williams 450 Raymond Ave. S.F., CA 94134 452-4907 (phone) 452-4910 (fax)	• Registration week: June 19 – June 23. • Open Recreation starts June 19th; other programs start June 26th.	The program is in English, but Spanish, Samoan, and Chinese assistance is available.
Visitacion Valley Community Center - Rover After School Program	• Workshops for conflict management, self esteem, gardening, dance, literacy, and others. • Field trips • Target: school age children in Visitacion Valley	Dee Smith 50 Raymond Ave. S.F., CA 94134 585-2059 (phone) 467-4367 (fax)	• No deadline for registration. • Year round program	Program is in English.
Visitacion Valley Community Center – Summer Youth Employment Program	• Pre-employment training • Labor market orientation, placement, subsidized employment • 47 subsidized job placements • Target: ages 14-21 in Visitacion Valley	Lesette Gray 50 Raymond Ave. S.F., CA 94134 467-4861 (phone) 467-3757 (fax)	• Register immediately. • Jobs start mid June and finish end of July.	The program is in English, but interpreters available upon request.
Visitacion Valley Elementary School - Summer School		Vincent Chao 55 Schwerin St. 469-4799 (phone) 469-4099 (fax)	• Registration Deadline: April 30th • June 19th – July 14th 9:10AM – 1:40PM	Summer school is in English.

Compiled by Chinese for Affirmative Action

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Reading Matters All Year Long

School may be out, but reading can be a part of every family member's vacation plans. Whatever your summer plans, reading teachers have some practical--and fun--ways you can help make sure that your child's vacation from school isn't a vacation from learning. Here are just a few:

**Snack-Plus*: Cut bread into rectangles, squares, triangles and circles making at least two of each shape. Ask your child to choose two pieces of the same shape, then to put jam and peanut butter on one piece, topping it with the other. Presto! Your youngster has learned a shape and made his own snack.

**Recycle:* Instead of tossing that junk mail, use it as a learning tool. Have your child go through it to find letters, sight words, spelling words, and reading words.

**Writing Game:* Have your child pretend to write--with an unsharpened pencil or own finger--on a family member's back. The adult whispers a letter or word and the child writes or spells it on the other person's back. Then the writer and the "writee" trade answers for accuracy.

**Cereal Readers*: At breakfast, read the back and sides of the cereal box. If there's a game on the box, play it.

**Navigation*: Whether you're traveling by car or bus, your children can help lead the way. Tell them what to look for on exit and street signs, then let them be the guide.

One tip that reading teachers agree on universally: Making reading a regular part of your child's daily routine is as important as homework, dinner, and a nightly bath. Starting early, reading can become a lifelong habit.

Documentary on Hetch Hetchy System

KQED, Channel 9 will premiere *Treasure of the Tuolomne: The Hetch Hetchy System* on Sunday, July 16 at 1 p.m.

Produced by award-winning filmmaker Michael Moore for the San Francisco Public Utilities Commission (SFPUC) an the Bay Area Water Users Association (BAWUA), the documentary includes scenic footage shot on location at the pristine Hetch Hetchy watershed and inside the massive O'Shaughnessy Dam in Yosemite National Park. Historical images of the construction of the system and personal accounts tell the story of this expansive and unique water project that now delivers water to 2.5 million people in the San Francisco Bay Area 167 miles away by the force of gravity.

"The Hetch Hetchy system delivers some of the purest drinking water in the country," said S.F. PUC President E. Dennis Normandy. "People in the Bay Area now have the opportunity to see this tremendous engineering project which was initiated 90 years ago that enabled the Bay Area to become the diverse and prosperous region it is today."

Hetch Hetchy drinking water begins as pure snowmelt from the granite peaks above the Grand Canyon of the Tuolumne River in Yosemite. A system of reservoirs, aqueducts, treatment plants and nearly 1,500 miles of pipeline delivers water to residential customers in San Francisco, and water agencies in San Mateo, Santa Clara and Alameda counties. The green hydroelectric energy generated by the system powers essential San Francisco City services as Muni, local hospitals, City Hall and streetlights.

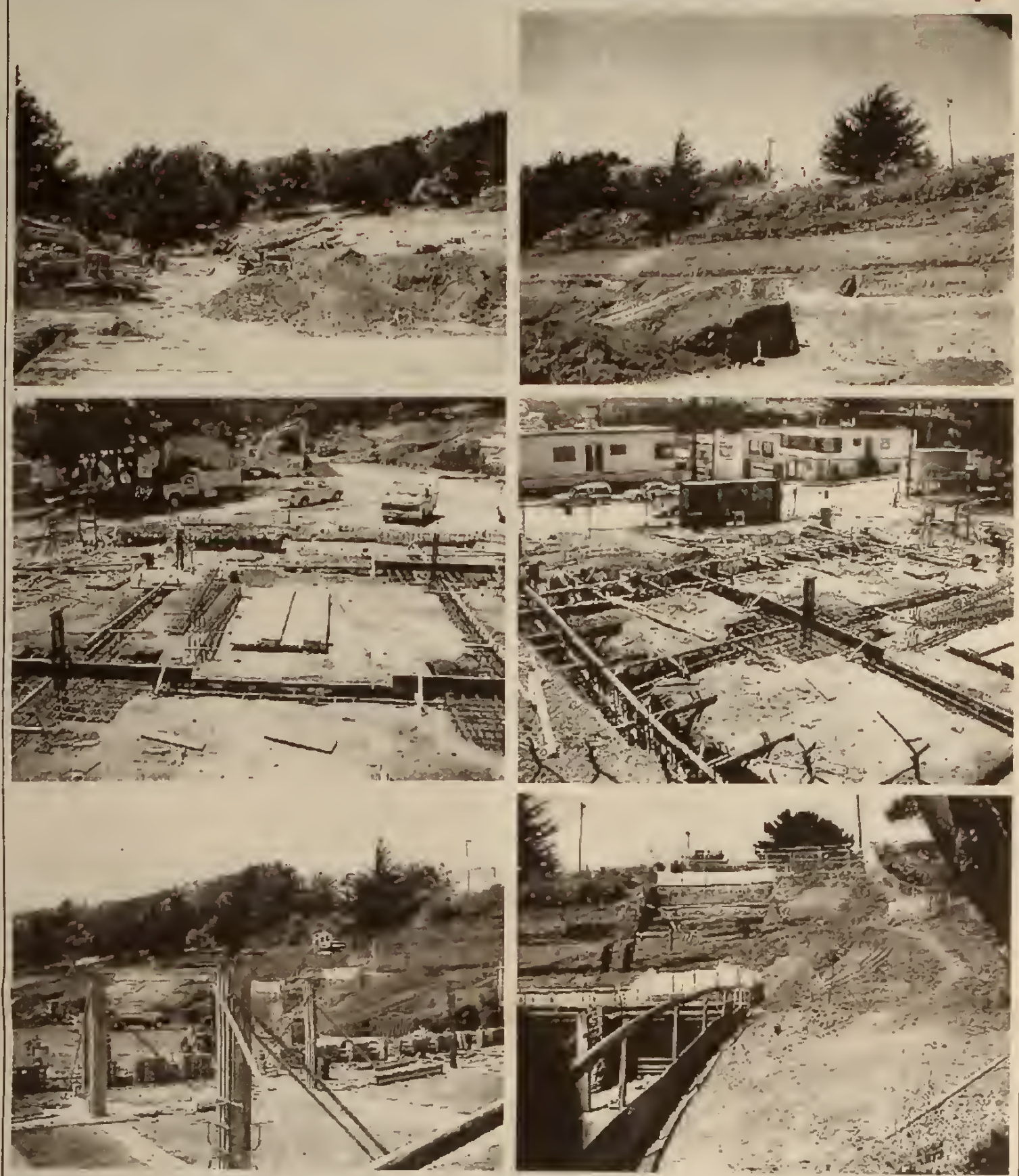
Tree Identification Guide Available Free

What Tree Is That?, a pocket guide for identifying 157 different trees found in the western U.S., is available free-of-charge from the National Arbor Day Foundation.

Dozens of drawings illustrate the trees' leaves or needles and their acorns, berries, seed pods and cones.

To obtain a free copy, send your name and address to: What Tree Is That?; c/o The National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410.

New John King Center on Raymond Avenue Begins to Take Shape



Construction of the new John King Senior Community along the 500 block of Raymond Avenue began during the winter with excavation of the site and adjacent hillside before building foundations were set. When completed next year, the attractive complex will feature 90 units of senior housing along with a new senior center and a new child care facility.

Million Dollar Brownie Pie a Pillsbury Bake-Off Contest Winner

(NAPS) A pie that combines two of America's favorite desserts--brownies and cheesecake--took the top prize at the recent 50th Anniversary Pillsbury Bake-Off Contest.

The sweet treat earned its creator, Bobbie Sonefeld of Hopkins, S.C., the one million grand prize at the country's most prestigious cooking contest.

The young mom says her dessert is "easy, inexpensive and my two sons love it."

All the recipes from this year's contest are available at www.bakeoff.com.

Cream Cheese Brownie Pie

1 Pillsbury Refrigerated Pie Crust (from 15-oz. pkg.), softened as directed on package; 1 (8-oz.) pkg. cream cheese, softened; 3 tablespoons sugar; 1 teaspoon vanilla; 3 eggs; 1 (15.1-oz.) pkg. Pillsbury Thick On Fudgy Hot Fudge Swirl Deluxw Brownie Mix; 1/4 cup oil; 2 tablespoons water; 1/2 cup chopped pecans.

Heat oven to 350 F. Prepare pie crust as directed on package for one-crust filled pie using 9-inch pie pan. In medium bowl, combine cream cheese, sugar, vanilla and 1 of the eggs; beat until smooth. Set aside.

Reserve hot fudge packet from brownie mix for topping. In large bowl, combine brownie mix, oil, 1 tablespoon of the water and remaining 2 eggs; beat 50 strokes with spoon.

Spread 1/2 cup brownie mixture in bottom of crust-lined pan. Spoon and carefully spread cream cheese mixture over brownie layer. Top with remaining brownie mixture; spread evenly. Sprinkle with pecans. Bake at 350¡F. for 40 to 50 minutes or until center is puffed and crust is golden brown.

If necessary, cover edge of crust with strips of foil after 15 to 20 minutes of baking to prevent excessive browning. (Pie may have cracks on surface.)

Place hot fudge from packet in small microwave-safe bowl. Microwave on *high* for 30 seconds. Stir in remaining tablespoon water. Drizzle fudge over top of pie. Cool 3 hours or until completely cooled. Store in refrigerator. 8 servings.

Reduce Your Chance of Medication Error

(NAPS) When seeking medical treatment, you may be concerned about medication errors.

A recent government report stated that up to 98,000 people may die each year from medical errors. Fortunately, there are steps you can take to reduce the chance that a medication error will reach you.

The American Pharmaceutical Association (APhA) Foundation, affiliated with the national professional society of pharmacists, has been an active participant in efforts to reduce medication errors. APhA Foundation, executive director, William Ellis states "Our research shows the best results occur when patients, pharmacists and physicians talk with each other about medications and how to use them."

The foundation recommends the following:

*Make sure you take the right drug and the right dose. When your doctor gives you a prescription, find out the name of the drug, the strength, how often to take it. In addition, you can ask your doctor to include the medicine's intended use on the prescription--"for rash" or "for high blood pressure," etc.

*Read the label as soon as you pick up your prescription. Look at the medicine in the container. If you are unsure about the medicine, always check with the pharmacist.

*Keep a list of all the medications you are taking with you. Include over-the-counter products, homeopathic, and herbal remedies. Share the list with your health care providers. This is important because sometimes medications may interact with each other.

*If you are allergic to a drug, tell your doctor and pharmacist and make certain that this information is written in your records.

*Ask your doctor or pharmacist how soon you can expect to see results and any common side effects from your medicine. Always call your doctor or pharmacist if you believe you are experiencing an unexpected or severe side effect.

One of the best ways to avoid mistakes is to learn as much as you can about your medicines. If you are unsure you are using your medications correctly, speak with your doctor or pharmacist.

Super Popcorn Snacking Ideas

(NAPS) When you're in the mood for a fast, easy and tasty snack, reach for popcorn, the versatile snack that delivers a powerful taste sensation with excellent nutrition. Go from plain to positively perfect with these quick and easy popcorn ideas:

Rockin' Ranch Popcorn

1 oz. package of dry ranch dressing mix; 8 cups of oil-popped popcorn.

In a large bowl or paper bag, place the popped popcorn and sprinkle with the dressing mix. Cover the bowl or fold over the bag and shake well to coat. Makes 8 cups.

Tex Mex Mix

8 cups popped popcorn (air-popped); 2 teaspoons ground chili powder; 2 teaspoons paprika; 2 teaspoons ground cumin; butter-flavored cooking spray.

In a small bowl, combine all seasoning together. Put popcorn in a large bowl and spray lightly with butter-flavored cooking spray. Add spices to popcorn and mix thoroughly until all kernels are coated. Makes 8 cups.

English Toffee Popcorn Crunch

6 oz. English toffee candy; 1/4 cup light corn syrup; 8 cups popped popcorn.

In a small, heavy saucepan, combine the toffee and corn syrup. Stir constantly over low heat until the toffee has melted and the mixture is smooth. Remove from heat and pour over popcorn. Using two wooden spoons, toss to coat well. Let cool. Makes 8 cups.

Grapevine Puzzler — Russian Republics

Y	Z	A	D	F	G	K	H	A	K	A	S	S	I	A	R	D	S	F	N
Z	A	C	C	V	B	A	D	F	H	C	Z	C	G	T	Y	U	I	R	A
W	E	K	H	D	F	R	G	L	E	I	R	A	M	H	J	H	U	V	T
F	G	H	U	H	G	E	C	X	V	A	B	I	H	Y	T	S	Y	V	S
C	V	C	V	T	V	L	C	X	I	C	V	T	B	A	S	F	G	V	R
S	Q	C	A	C	I	I	X	R	C	X	U	E	B	I	G	F	B	V	A
A	A	V	S	V	V	A	A	X	Z	V	V	S	A	K	M	G	V	V	T
S	S	B	H	C	X	K	C	V	A	F	V	S	Y	Y	V	O	B	V	A
D	D	N	I	V	L	G	Q	R	E	D	C	O	N	M	B	I	K	O	T
O	F	M	A	A	W	F	A	F	G	Z	C	A	H	L	N	N	N	K	V
N	G	N	B	I	A	G	D	C	Y	X	X	S	C	A	M	G	B	C	V
I	H	B	V	V	E	I	F	A	D	V	Z	D	E	K	N	U	N	V	D
D	J	A	B	O	R	H	T	V	A	B	D	F	H	V	B	S	N	A	V
R	N	I	N	D	T	L	G	R	B	N	S	G	C	C	V	H	G	V	V
A	B	T	M	R	A	F	H	C	U	M	G	H	V	V	C	E	B	G	C
B	H	A	N	O	H	C	M	X	B	M	H	V	C	C	S	T	V	T	V
A	T	Y	N	M	G	V	N	X	V	B	D	C	V	T	X	I	C	R	E
K	R	R	H	D	C	B	B	Z	B	V	J	U	A	X	V	A	C	W	W
F	O	U	G	F	V	V	V	G	V	C	B	N	X	V	J	C	X	Q	F
G	N	B	F	C	V	B	N	A	T	S	O	T	R	O	K	H	S	A	B

Adygea	Gorno-Altay	Karelia	Ossetia
Bashkortostan	Ingushetia	Khakassia	Russia
Buryatia	Kabardino-Balkaria	Komi	Yakutia
Chechnya	Kalmykia	Mari El	Tatarstan
Chuvashia		Mordovia	Tuva
Dagestan		North	Udmurtia

Historic Proportions

Match clues to onswers.

1953

1. Armistice on July 27 ended hostilities of this conflict.
2. Coronation on June 2 began official reign of British monarch.
3. Winner of the 1953 Academy Award.
4. On Dec. 18, the FCC approved this type of broadcast.
5. Country was proclaimed a republic on June 18.
6. On Jan. 20 he became 34th President of U.S.
7. Ferry ship sunk off coast of Northern Ireland.
8. Couple was executed June 19 for revealing atomic secrets to the Soviet Union.
9. Basebail team announced Mar. 18 it would move to Milwaukee.
10. World Series winners Oct. 5 for the fifth year in a row.
11. Expedition began searching for an elusive creature.
12. Pianist gains popularity through the radio.
13. Country was stunned by general strike in August.
14. Powerful Soviet leader died Mar. 5.
15. Devastating earthquake hit Mar. 18.
16. Stanley Cup champions of the NHL.
17. Winners of the NFL title on Dec. 27.
18. They became NBA champions.

A. Montreal Canadiens
B. Princess Victoria
C. Joseph Stalin
D. Abominable Snowman
E. The Rosenburgs
F. Boston Braves
G. New York Yankees
H. Korean War
I. Detroit Lions
J. Elizabeth II
K. Egypt
L. Color TV
M. New York Knickerbockers
N. From Here to Eternity
O. Dwight Eisenhower
P. France
Q. Liberace
R. Turkey

Answers: 1-H; 2-J; 3-N; 4-L; 5-K; 6-O; 7-B; 8-E; 9-F; 10-G; 11-D; 12-Q; 13-P; 14-C; 15-R; 16-A; 17-I; 18-M.

Sez Who?

Match quotes to speakers.

1. "A life directed chiefly toward fulfillment of personal desires sooner or later always leads to bitter disappointment."
2. "The man who lets himself be bored is even more contemptible than the bore."
3. "Marriage is popular because it combines the maximum of temptation with the maximum of opportunity."
4. "Science is a first-rate piece of furniture for a man's upper chamber, if he has common sense on the ground floor."
5. "Government investigations have always contributed more to our amusement than they have to our knowledge."
6. "A classic is something that everybody wants to have read and nobody wants to read."
7. "We should all be concerned about the future because we will have to spend the rest of our lives there."
8. "Half of our mistakes in life arise from feeling where we ought to think and thinking where we ought to feel."
9. "The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed."

A. Samuel Butler
B. John Churton Collins
C. Mark Twain
D. Carl Jung
E. Charles Kettering
F. George Bernard Shaw
G. Albert Einstein
H. Oliver Wendell Holmes
I. Will Rogers

Answers: 1-G; 2-A; 3-F; 4-H; 5-I; 6-C; 7-E; 8-B; 9-D.

Five Years Ago In the Grapevine

JULY 1995

*Acknowledging decades of devotion to his community, an Honorary Doctorate of Public Service was awarded to Visitacion Valley resident Henry Schindel by the John F. Kennedy University Board of Regents during its June 17 commencement.

*Members of the Visitacion Valley Community Center Board held a special ballroom luncheon in June to welcome new members to its ranks.

*Supervisor Kevin Shelley called a hearing to discuss closure of the Silver Avenue freeway offramp and its impact on the surrounding neighborhood.

*The Visitacion Valley Task Force planned a July 22 public hearing to give local residents an opportunity to comment on benchmarks developed for improvement of the neighborhood.

*Ingleside Police Station and Ingleside Recreation Center hosted a Youth Day on July 19.

*Mayor Frank Jordan was among the visitors June 17 at the annual El Dorado Neighborhood Betterment Council Street Party.

*Valley resident Marlene Tran, an instructor with the CCSF Chinese Education Center, received an award for promoting recycling by the S.F. Recycling Program.

Sump, the Grump

Learning the ABC's Of Your Gardening

(NAPS) Gardening is a pleasure, but until you know what to do and how to do it, gardening can also be a challenge. Luckily, a new book, Creating Good Gardens (Creative Homeowner $20.00) has come out.

In easy-to-understand language, lush photographs, and instructive drawings, this book clears up many of the mysteries new gardeners face. In it, you'll learn how to design beautiful gardens that suit your lifestyle and are also kind to the environment. Throughout, authors Roger Holmes and Eleanore Lewis make easy maintenance and time-saving techniques a priority. Following are excerpts illustrating how well this book gets you started.

Planning for Success: Few people would consider building a house without a blueprint or plan. It is important to apply this rule to your garden as well The best way to succeed at designing your garden is to start small. The experience and knowledge that comes with each project will help in the next. Planning a garden that accentuates your property, addresses your family's needs, and is easy to maintain are important factors to consider. Coordinating plant's colors, textures, and blooming seasons requires experience and knowledge, not to mention more effort. Decide what's best for you early on. If you have a large family that uses the yard for fun and entertainment, keep your garden small, and isolated from access to entryways, storage areas, and play areas. And remember to coordinate your garden with any outdoor structures such as arbors, fences, and paths.

Tricks of the Trade: Although the urge to grow a variety of different plants is strong, in the end, your garden may turn out looking messy and out of control. When designing your garden, think simplicity. One trick that professionals use is repetition. Repeating the same plant or color several places in the same bed helps tie everything together by giving context and order. It's also much more pleasing to the eye. Another trick for designing a memorable garden is to create a focal point–an element that quickly catches the viewers eye, and draws them in. A focal point doesn't have to be huge and overbearing, but it has to be large enough to attract attention. Try a reflecting ball, or a structure such as a gazebo, wooden bench, or birdbath. Specimen trees, such as a weeping cherry or Japanese maple, work well also.

Buying Healthy Plants: A well-designed garden starts with healthy plants. When shopping, look for a nursery or garden center that supplies quality plants and gardening supplies year-round. Some suppliers also offer a replacement or credit if the plants dies within the first year, which is always a plus. Select those plants that are native to your region and climate. Smaller plants that have not yet bloomed are more likely to perform better than those already in flower. As you select plants, remember to match their needs (sun requirements, soil preferences, and moisture/watering specifics) to the place where you are planting them. And always remember to group plants with similar needs in the same bed. It makes for much easier maintenance.

Overall Garden Care: Gardens require routine maintenance to stay healthy. Mulch is a very important part of the equation. Mulch helps soil retain water, keeps roots from getting too h not or cold, holds weeds in check, and provides nutrients. Many loose, organic materials can be used as mulchÑchopped leaves, straw, grass clippings, newspaper, and shredded or chipped wood or bark. Layer the mulch no more than 3 inches deep, and leave a few inches around the stem of the plant clear to avoid rotting problems. Mulch helps the soil retain water, but it doesn't provide moisture. Plants need regular watering to stay healthy. To find out if a plant needs watering, check the soil. If the soil beneath the mulch feels dry, add water. When you water, water deeply, adequately soaking the soil. Wetting just the top of the soil encourages shallow root growth.

How to Keep Your Home Secure

(NAPS) Do you leave a note on your door that says you'll be back soon? Is a window left open a crack at night? Have you been meaning to put a padlock on your shed but never got around to it? If you've answered *yes* to any of these, you may be putting your family's safety and your belongings at risk.

A burglary happens in the United States ever 15 seconds. Follow these tips from Master Lock to keep your family and home safe:

1. Always lock your windows and doors--whenever you're gone or sleeping.
2. To make your home look occupied when you're away, ask a neighbor to collect your mail and newspapers, and turn on lights at night.
3. Store valuables like grills, lawn mowers and bicycles out of sight, in a locked garage or shed. Keep tools and ladders stored where burglars can't see them.
4. Secure garage doors, gate latches and sheds with high-security locks. Use durable, weather-resistant, high-quality padlocks.
5. Trim the bushes and shrubs around your house.
6. Never leave your house key in your mailbox, under the mat or over the doorway.
7. Consider installing a motion detector or other alarm system.
8. Start or participate in a neighborhood or community watch program.

Choosing the Best Lock for Your Home

Padlocks help guard your possessions against intruders. When choosing a lock, look for these features for maximum protection and convenience:

**Security*: Locks with pin tumbler cylinders offer superior resistance to picking. Tough looking padlocks intimidate burglars.

**Strength*: Locks with bolt-cutter-tough shrouded shackles provide extreme resistance to prying, cutting and impact.

**Weatherability*: Look for padlocks that can be used safely in all weather conditions and are guaranteed against rust and corrosion.

**User Friendly*: Locks with plastic bumpers prevent scratches or dings to walls and other surfaces they touch.

**Convenience*: A padlock should be easy to open with one hand.

**Versatility*: Select the right sized padlock for the job. Look for a model that lets you duplicate keys easily.

When shopping for a padlock that provides maximum protection, weatherability and convenience, look for new Titanium Series locks from Master Lock, the company that invented the padlock. These first-ever locks reinforced with titanium for superior strength without adding size or weight are as strong and durable as Master Lock's traditional laminated padlock (the lock that can withstand a speeding bullet). They have a sleek, forward-looking design that's handsome enough to accent any home, yard or vehicle.

The Titanium Series padlock is virtually undefeatable. Its shrouded hardened-steel shackle resists bolt cutters and hammer blows, and its scratch-proof, durable plastic bumper protects surfaces next to the lock. Plus the keyway on the new Titanium Series is on the front, allowing for single hand use. These locks also have a sliding keyway cover that keeps dirt from jamming the locking mechanism. For key duplication, simply take your Titanium Series keys to the nearest hardware store.

Don't Get Soaked Buying a Used Car

(NAPS) Literally thousands of cars were submerged in the waters of last fall's floods. During the post-flood clean up, auto insurance claim adjusters *totaled* thousands of flood damaged vehicles. That isn't stopping a few unscrupulous sellers from putting these cars back up for sale. In many instances, these mechanically unsound and frame damaged vehicles undergo minor repairs and are resold with no notice to the buyer.

To help consumers avoid these waterlogged wrecks Carfax.com, the nation's leading provider of vehicle history information, has compiled the following tips:

**Check it out*: Examine the trunk, glove compartment, and beneath the seats and dash for signs of mud, rust or water damage. Look for discolored, faded or stained upholstery and carpeting. Carpeting that has been replaced may fit too loosely or may not match the interior color.

**Take a seat*: Check all gauges on the dashboard to make sure they are accurate. Look for signs of water. Turn the ignition key to accessory and make sure all of the warning lights and gauges work.

**Turn it on*: Test the lights, windshield wipers, turn signals, cigarette lighter, radio, heater and air conditioner several times to make sure they work. Also, flex some wires under the dash to see if they bend or crack, since wet wires become brittle upon drying and can crack or fail at any time.

**Toke a whiff*: Smell for musty odors resulting from mildew and look for a well-defined line or watermark.

**Ask on expert*: Before buying any used car, always get a pre-purchase inspection by a trusted mechanic.

**Ask for a Carfax Report*: Consumers should ask their used car dealer to provide a detailed vehicle history. Participating Carfax dealers can be located at www.Carfax.com. If not available through a dealer, consumers can visit Carfax.com to purchase 60 days of unlimited access to the company's database for $19.95. Used car dealers interested in signing up for the Carfax service should call 1-800-444-0145.

Carfax.com uses its computerized database of over one billion vehicle records to provide a detailed history report on virtually every registered used car and light truck since 1981. Using the 17-character Vehicle Identification Number (VIN) found on dashboards and title documents, Carfax.com can alert consumers to problems that can severely affect the safety, performance and resale value of a used vehicle.

Free Gardening Booklet

A free booklet called Garden and Landscaping Recycled Products is available from the American Plastics Council by calling 800-2-HELP-90 or by visiting the American Plastics Council's web site at www.plastics.org.

Senior Central District #7
Is Providing
Free Homeowner
or
Renter Assistance
Through August 31, 2000
at
Visitacion Valley Senior Center
66 Raymond Avenue
San Francisco, CA 94134
For more information, please call
Senior Central District #7 at
(415) 330-1789

Avoiding Federal and Postal Job Scams

You never have to pay for information about job vacancies or employment opportunities with the U.S. government or U.S. Postal Service. But some fraudulent promoters are victimizing many Americans by selling information about federal job opportunities. These scam artists advertise in the classified sections of newspapers and offer–for a fee–to help job seekers find and apply for federal jobs. Some fraudulent companies even try to confuse consumers by using names that sound like those of federal agencies like the "U.S. Agency for Career Advancement" or the "Postal Employment Service."

Fraudsters may lie about the availability of federal job openings in your area. For example, the Postal Service has few vacancies for career positions, and for many of the entry-level jobs, you must take a written examination. Postal Service hiring takes place at the local level through 85 district offices. If someone tells you that postal jobs are available, check with the Postal Service to determine if hiring is taking place and if an exam is required for eligibility. Because of the high volume of applicants taking the tests, they usually are offered every few hours in any particular district.

Federal agencies and the U.S. Postal Service never charge application fees or guarantee that an applicant will be hired. If positions require a competitive examination--and many do not--hiring agencies typically offer free sample questions to consumers who sign up for the exam.

It's deceptive for anyone to guarantee you a high score on the postal entrance examinations required for rural carrier associate, clerk, city carrier, mail handler, flat sorter machine operator, mail processor and markup clerk jobs. These exams test your general aptitude, something you can't necessarily increase by studying. Attending workshops, studying exam techniques and taking practice questions won't assure you a top score on the exam–and even a top score doesn't guarantee that you'll be hired. You must meet other requirements, including passing a background check and a drug test. Some veterans receive hiring preferences.

The Federal Trade Commission and the U.S. Office of Personnel Management urge job seekers to avoid falling for these tip-offs to federal and postal job rip-offs:

*Classified ads or verbal sales pitches that imply an affiliation with the federal government, guarantee high test scores or jobs or state that "no experience is necessary."

*Ads that offer information about "hidden" or unadvertised federal jobs.

*Ads that refer to a toll-free phone number. Often, in these cases, an operator encourages you to buy a "valuable" booklet containing job listings, practice test questions and tips for entrance exams.

*Toll-free numbers that direct you to other pay-per-call numbers for more information. Under federal law, any solicitations for pay-per-call numbers must contain full disclosure about cost. Also, the solicitation must make clear if there is an affiliation with the federal government. You must have a chance to hang up before you incur any charges.

If you have concerns about a company's advertisement for employment services, contact:

*Federal Trade Commission: 1-877-FTC-ELP (382-4357) or www.ftc.gov

*U.S. Postal Inspection Service located in the blue (Government) pages of your telephone directory.

*Your state attorney general or local Better Business Bureau.

Federal job information is available through the U.S. Office of Personnel Management's USAJOBS information system by calling (415) 744-5627.

In addition, job information is available online at: www.usajobs.opm.gov. Information on postal jobs is available at your local post office.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult.

Museum admission is free with $1 per person workshop fee (except where noted). Call 554-9600 for further information.

*August 5: Assemble unique *Wood Sculptures*.

*August 12: Play and learn with *Water and Bubbles*.

*August 19: Crayon and watercolor *Animal Rubbings*.

*August 26: Cut, punch and glue *Colorful Collages*.

Regular Saturday activities include: *Drop-in Family Ceramics Workshop* from 10 to 11:15 a.m.; *Golden Gate Model Railroad Exhibit* from 11 a.m. to 4 p.m.; *Meet the Animals* from 11:15 a.m. to 12 noon; and *Animal Feeding* at 12 noon.

The Paunch Patrol

by John Frydenlund

Yale Professor Kelly Brownell is at it again. A few years ago, Citizens against Government Waste (CAGW) reported the antics of the good doctor and his nutty proposal for slapping a sin tax on fatty foods. Now, in the June issue of American Journal of Public Health, he teams up with Professor Michael Jacobson to advocate a national fat tax on soft drinks and snack foods.

Their idea is relatively simple. Brownell and Jacobson want to tax every can of soda, pound of candy and bag of chips consumed by ravenous Americans. Their proposal would impose on American taxpayers a new national tax amounting to $1.8 billion and radically expand the Nanny State. State and local taxes on soft drinks and snack foods already add up to $1 billion each year.

Jacobson and Brownell claim that the new revenues will be used to promote healthier lifestyles. In other words, the tax will be used to fund a "paunch patrol" to force Americans to conform to eating habits mandated in Washington, D.C. They blissfully ignore evidence that past efforts to control citizens' behavior, such as the tobacco tax, have been a complete failure and the funds have not been used as advertised.

Jacobson works for the Center for Science in the Public Interest (CSPI), which at one time or another has condemned virtually every food group—including pasta, meat and milk — as being unhealthy. Brownell advocates federal subsidies for fruits and vegetables as a way of encouraging greater consumption of "good foods"—foods determined by the paunch patrol to be appropriate for a healthy diet.

Since diet and exercise are equally important in achieving a healthy lifestyle, CAGW wonders whether the dieting duo might propose even more comprehensive powers for the Nanny State. In addition to taxing people for eating foods not approved by Big Brother, it would make sense to create a battalion of exercise enforcers to monitor the frequency and intensity of every citizen's exercise regimen.

Pulse monitors could be implanted in everyone's necks, and if exercise enforcers determine that someone is slacking off, that person would be whisked off in the dead of night to a diet camp. I'm sure Jacobson, Brownell and their ilk would agree that this would be for the good of all society.

Citizens Against Government Waste

Neighborhood Day Set for September 16

Visitacion Valley's third annual Neighborhood Day will be held Saturday, Sept. 16 at Leland Avenue and Schwerin Street.

Planners are inviting various organizations and performers to participate in festivities which will be an opportunity for Valley residents to learn about available resources and services in the community and share cultural and ethnic diversity of the neighborhood.

Next planning meeting for the Neighborhood Day will be at !0:30 a.m. on Tuesday, July 18 at the Visitacion Valley Community Center, 50 Raymond Ave.

Further information on the event is available by calling Christina Wong at (415) 274-6760, ext. 308 or e-mailing cwong@caasf.org

Senior Central San Francisco Commission on the Aging District #7

Will Sponsor

Make the Most of Your Hearing

A Brief Introduction to Dealing with Hearing Loss

Wednesday, July 19 at 10:45 a.m.

Visitacion Valley Senior Center, 66 Raymand Avenue

Free Infarmatian About:

Cleaning the Ear
Ringing in the Ear
Hearing Aids
Stigma Araund Hearing Lass
Assistive Devices for Listening ta Television
Hearing the Telephane Camfartably
Effective Cammunicatian Practices
and Helpful Cammunity Resaurces

There Are Many Things You Can Do to Help Yourself
Bring Your Questions and Concerns

Presented by Alice Bachelder, Hearing and Deafness Resource Center, Aquatic Park Senior Center, 890 Beach St., (415) 923-4485

July 2000

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S.F. City Meetings

Aging 1st Wed 9:30a, Airport 1st & 3rd Tu 3p, Arts 1st Mon 3p, Education 2nd/4th Tu 7p, Health 1st/3rd Tu 3p, Housing Auth. 2nd/4th Th 4p, Human Rights 1st/3rd Th 4:30p, Library 1st Tu 5:30p, Planning Th 1:30p, Police Wed 5:30p, Port 1st Tu/3rd Wed 4:30p, Public Utilities 2nd/4th Tu 2p, Rec and Park 3rd Th 2p, Social Services 4th Th 9a, Status Women 4th Th 4p, SF Supervisors Mon 2p

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m., **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., **Thursdays:** Sewing Class 9 a.m.-3 p.m. **USDA Food Oistribution Day** is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW (days) 695-2017, (nights/weekends)	695-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program lo tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations lor our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance lor your kindness and generosity! Please send all donations lo: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like lor us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare lo Work--Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying lo sell yourself into loday's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

ADVERTISING IN THE GRAPEVINE for ***Display:*** Full Page: $150; 1/2 Page $80; 1/4 Page $45; 1/8 Page $25; 1/12 Page $15. Discount for three or more insertions. Call (415) 467-9300 for more details ***Want Ads:*** 20 words lor $1 Extra line 50 cents. Mail ad and payment by last day of prior month lo Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AUTOMOTIVE
BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
GARAGE RBYTOP RACING, 130 Leland Ave. 333-5938
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
McCALL'S FOR HAIR, 3585 San Bruno Ave., 467-7319
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
A NEW START HAIR STUOIO (Joyce Hollins), 224 Leland Ave., 584-3077
TAMMIE'S HAIR DESIGN, 3564 San Bruno Ave., 330-9635
WHO'S BADD, 224A Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITEO METHOOIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISTAOON CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895
TUNTEX U.S.A., 150 Executive Park Blvd., 468-6676
OISTRIBUTOR
PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FINANCING
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
FLORISTS
CUPIO FLORIST, 36 Leland Ave., 585-7766
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTS TOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SAM'S DELI & LIOUOR, 25 Leland Ave., 239-7183
SARI-SARI FOOO STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHIREL'S GROCERY, 1401 Visitacion Ave.
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TAUTUA MO OE (Samoan grocery, gifts, fabric), 15 Leland Ave., 585-0509
TEOOY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
HAIR PRODUCTS
JA'DE HAIR PRODUCTS, 160A Leland Ave.
HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNORY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELANO AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNORY, 90 Leland Ave
VISTACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACAOEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
LOCKSMITH
M-3 LOCKSMITH, 200 Leland Ave., 587-8403
LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811
MANUFACTURERS
NATIONWIDE PAPER COMPANY, 345 Schwerin St., 586-9160
MEDICAL
AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St, Appointments: 715-0310
OR. SAM HO, M.O., 9 Silliman St. No. 4, 337-6135
PORTOLA FOOT & ANKLE CLINIC (Dr. Oivyang Patel) 2858 San Bruno Ave. 467-7500
ORGANIZATIONS
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 1652 Sunnydale Ave., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELANO HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 66 Raymond Ave, 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISTAOON VALLEY PHARMACY, 100 Leland Ave., 239-6811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777
REALTORS
CAMERON-JONES, INC. (Cathy Kline-Saunders), 334-0800
HENRY SCHINOEL, 239-5850
RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY ANO RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT (Vietnamese), 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433
SELF-DEVELOPMENT
OYNAMIC DEVELOPMENTS (Marjone Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE (community center), 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES AND TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866
SHOE REPAIR
ARMANOD'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216
SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700
TAVERNS
THE CLUB HOUSE, 25 Blanken Ave.
OLIVIA'S PLACE, 2600 Bayshore Blvd., 239-7711
TRAVEL
COMET TOURS & TRAVEL, 168 Leland Ave., 333-2996
GAMMS TRAVEL SERVICE, 34 Leland Ave., 333-9282
VIDEO
LELANO AVENUE VIOEO, 7 Leland Ave., 333-6288
SIN FUNG VIOEO, 144 Leland Ave., 586-1038

Americans Struggling With Leisure Time

From Page 1

Nearly half of working-age Americans say they have no more than four hours of leisure time on a typical weekend day. In addition, 43 percent say their weekends are so busy that they don't seem like a real break.

Americans are divided over whether they are generally able to do what they want on the weekend (54 percent) or whether their time is taken up with things they have to do (41 percent). Consider the case of the working mom: two-thirds of this group (64 percent) report that they do what they have to on the weekends, rather than what they want to do. For example, almost all working moms (92 percent) spend at least some weekend time doing chores around the house or in the yard, and 84 percent run errands during this time.

Generally speaking, just 19 percent of Americans say they like doing chores around the house, but 44 percent spend a lot of time doing them. Only 10 percent enjoy running errands, but 26 percent spend a lot of weekend time doing them. Viewing television is just ninth on the list of people's favorite activities, yet it is third on the list of what people spend a lot of their time doing.

The one area in which what people want to do and what they have to do matches up is spending time with family and friends. In fact, talking or visiting with loved ones is their number-one choice of favorite activities, and second only to doing household chores in the list of things they actually spend a lot of time doing.

Even if the weekend is not as satisfying as one might hope, retirement holds much promise of contentment: 58 percent of adults age 50 to 64 and a whopping 78 percent of senior citizens report that they get to do what they want during this time. Just 50 percent of Americans age 18 to 34 and 44 percent of 35- to 49-year-olds say they experience the same sense of freedom.

Americans Want to See the World

Technology, from air travel to the Internet, is making the world smaller and smaller. And Americans are thinking more globally—a trend indicated in their dreams of travel.

In 1965, only 13 percent of Americans said they likely would travel overseas within the next five years and only 6 percent said they were very likely to do so (Gallup). Today, nearly half of all adults (44 percent) believe it is likely that they will take a trip overseas within the next five years; about three in 10 (29 percent) say chances are very likely.

For the present, though, they're staying put. Less than half (42 percent) of all adults report taking a vacation that has kept them away from home for at least six nights in a row during the past year. This figure is only slightly up from 1968, when 38 percent said they had taken a week's vacation away from home during the past year (Gallup).

Incidentally, when given a list of several entertainment/travel experiences they could choose for a free, all-expenses-paid trip, Americans would take to the open waters or the open air. They rate a cruise (31 percent) and an outdoor attraction such as the Grand Canyon or Yellowstone National Park (29 percent) at the top.

Future of Leisure

When given a list of possible ways to spend leisure time in the future, American seem most excited by developments that take an existing activity, such as traveling, watching movies or talking with friends, and enhance it. Fifty-six percent of Americans are very or fairly excited about being able to take supersonic planes for one-day trips to exotic places, and having a home theater, where one can watch movies or live concerts on a large screen.

Other popular choices include being able to see and talk to several friends in different places simultaneously with affordable video conferencing (47 percent) and being able to watch any TV show they want at any time (41 percent).

Less popular are the ideas that introduce a new type of leisure activity: using sleep chambers that allow one to get a month's worth of sleep in one night (40 percent are very or fairly excited), taking vacation trips to the moon or Mars (37 percent), taking "virtual trips" using headsets (35 percent) and playing as a member of one's favorite sports team in a virtual reality game (28 percent).

What They Miss About Childhood

Forty-two percent of adult Americans say the childhood activity they miss the most is playing sports, distantly followed by going to school (21 percent). Playing board games (15 percent), going to summer camp (13 percent), collecting things (9 percent) and playing house (6 percent) round out the list.

When asked to choose which feature of childhood they most wish to have back, Americans give similar support to two responses: having fewer responsibilities (44 percent) and getting summers off (38 percent). Playing with toys (10 percent) comes in at a distant third.

Other Poll Findings

When given a list of famous "experts" and asked which they would choose to provide a personal service, American adults select Bob Vila as handyman for their top choice (32 percent). Following Vila are Warren Buffett as financial advisor (24 percent), Martha Stewart as interior decorator (19 percent), Julia Child as chef (17 percent), Richard Simmons as personal trainer (10 percent) and Dr. Laura Schlessinger as personal advisor (6 percent).

A whopping 78 percent of working adults say they are satisfied with their jobs, compared to only 22 percent who are dissatisfied.

A majority of working-age adults (52 percent) say they have less--not more--free time as a result of technological advances such as the Internet, fax machines and cellular phones.

When given the choice between an extra day off from work every two weeks or an extra day's wages or salary during the same time frame, significantly more adults would prefer the extra time (58 percent) to the extra money (40 percent). The gap widens for working adults ages 35 to 64; two-thirds (67 percent) say they would prefer the extra time.

The Shell Poll is conducted by the Washington D.C.-based survey research firm Peter D. Hart Research Associates. Telephone interviews were conducted April 12 through 16, 2000, by trained interviewers with a representative national sample of 1,011 randomly selected American adults. Question results for the public sample have a margin of error of +/-3.3 percent for all adults.

Online Classes at S.F. City College

For the first time, City College of San Francisco (CCSF) will offer eight credit courses on the World Wide Web beginning with its Fall Semester 2000. All of the college's credit and noncredit, day and evening courses will start Aug. 21 and Saturday courses on Aug. 26 at its 10 campuses and more than 100 neighborhood sites throughout San Francisco.

"Students can now gain knowledge and training by accessing custom-made online instruction taught by experienced City College professors. Students can even interact with their instructors and fellow students online," points out Dr. Philip R. Day, Jr., chancellor of CCSF. "While the online courses at this point are limited, it reflects a new direction for the college to serve our students better. We hope to increase these courses so that they become a more substantial part of our offerings for students."

The new online courses which will be offered in Fall 2000 are:

**Chemistry for Nonscientists* which stresses written descriptions of principles over mathematic equations.

**English as a Second Language (ESL) - Advanced Composition* which offers practice in expository writing, with particular attention to grammatical accuracy and sentence style.

**English as a Second Language (ESL) - Advanced Editing* which covers editing strategies and skills to improve the understanding and use of written English.

**Introduction to Human Physiology* which emphasizes the cellular and molecular mechanisms of homeostasis.

**Introduction to International Business* which provides a comprehensive overview of the global economy.

**Mass Media and Society* which gives students a broad interdisciplinary foundation for understanding the influence of mass media.

**Ownership and Operation of a Small Business* which introduces students to formulating a business plan, preparing financial statements, conducting marketing research, developing business strategies and responding to legal and ethical issues.

**Use of Information Resources* which instructs students in the organization of library materials and in the use and evaluation of print and electronic library information sources.

For the best choice of credit classes, new students should apply now. Registration for new students will take place from July 27 through Aug. 15. However, students can enroll in credit courses during the first two weeks of instruction by attending the class of their choice and getting the instructor's permission.

Credit courses cost just $11 per unit, with most classes being two or three units. In addition to the per unit cost, there is a $11 per semester health fee for credit students.

Noncredit courses are tuition free and students may enroll at any time during the semester.

Free noncredit course offerings for Fall Semester 2000 will include Accounting, Basic Auto Maintenance, Citizenship, Computer Overview, English as a Second Language (ESL), Fashion Sewing and Alterations, GED Preparation, Keyboarding (Typing), Offset Press Operations, Radio/TV Repair, Tai Chi for Health, and Workers' Rights.

A complete schedule and description of all CCSF courses is available on the internet at www.ccsf.org

For further information about attending City College of San Francisco, students should telephone the college's Admissions and Records Office at (415) 239-3285.

Simple Changes May Help You to Succeed

(NAPS) The force of habit can work for you or against you, say some of America's most successful motivational experts.

The secret is to think about how your habits work for you or against you and how they may determine your level of success.

That's the message of a new book, *The Power of Focus: How To Hit Your Business, Personal and Financial Targets with Absolute Certainty* (Health Communications, $12.95). The book, written by Chicken Soup for the Soul co-founders Mark Victor Hansen and Jack Canfield, along with success coach Les Hewitt, shows how focusing on your goals can determine your success, and how your habits dictate your ability to attain these goals.

"When we finished writing the first Chicken Soup book, we asked all the best-selling authors we know what specific strategies would be required to assure that our book would become a best-seller. All of these people were generous with their ideas and their insights. As a result we have sold 50 million books to date worldwide," said Hansen.

The book maps out a program for re-evaluating your habits, changing the ones that prevent progress, and following the examples of those who have achieved what you seek to achieve.

Each of the book's chapters center on a specific focusing strategy, such as: Building Successful Habits; Outlining the Big Picture; Creating Optimum Balance in Your Life; Nurturing Relationships; Creating Personal Confidence; Always Asking for What You Want; Consistent Persistence; Wealth creation; and Simplifying Your life.

After discussing these concepts, each chapter concludes with action steps for turning concept into reality.

The emphasis on focus concentrates solely on what makes you brilliant in your own unique way.

Grilling Safety Tips For Fun in the Sun

(NAPS) Each year more than 80 million Americans suffer from foodborne illnesses. In summer, warm temperatures and outside activities such as barbecuing increase the risk of food contamination. When grilling outdoors, use paper products such as paper towels and napkins, which enable you to wipe up and throw away the germs. Follow these grilling tips from the Georgia-Pacific Health Smart Institute and help keep your family safe:

*Always marinate meat in the refrigerator. Defrost frozen meat in the refrigerator, microwave or under cold running water. Never marinate or defrost at room temperature which creates an ideal environment for bacterial growth

*Use separate plates and cutting boards for raw and cooked meats. People often make the mistake of placing cooked meat back on the plate where the raw meat has been.

*Wash hands frequently when handling raw meat. Use soap and water, and dry hands completely with paper towels to help prevent the spread of germs.

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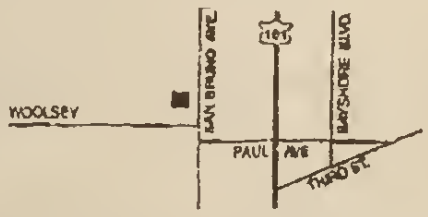

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